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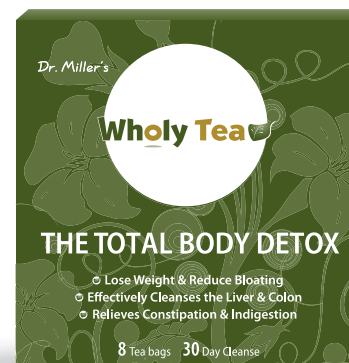
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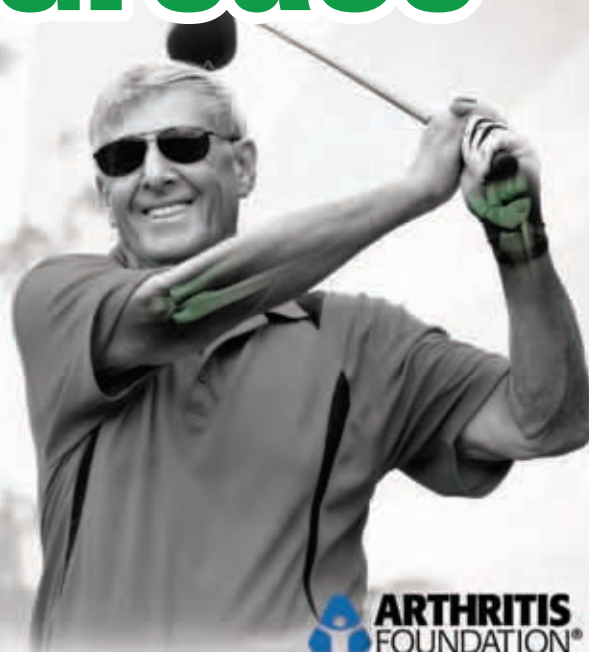
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Cover design: Kris Kozak

Happy New Year

Welcome to 2014. It promises to be an interest-
 ing year. Our prediction and resolution is that the big
 stories will be about people taking back power from
 greedy corporate elites. The photograph on our cover
 of the Gabriola/Nanaimo ferry – the MV Quinsam – sail-

ing into the sunrise is courtesy of Mike Thompson of
 Impact Digital Photography Studio. It was altered to fit
 our format. To see the original and other examples of his
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Out of this world

Pediatricians' perspective on kids and antidepressants

It's the dawn of a new year and quite naturally we should be thinking about beginnings – about babies and children.

A few months back, in an article in *Postmedia News*, journalist Sharon Kirkey reported the most incredible nose-stretcher of a statement by the Canadian Paediatric Society: “The group representing the nation’s paediatricians says the potential benefits of Prozac-like antidepressants – drugs that have only ever been officially approved for use in adults in Canada – outweigh the potential harms when used in children.”

This means the medical specialty most interested in the health of our kids is telling parents, “Don’t worry your pretty little heads about feeding your child Prozac, Zoloft, Paxil, Cymbalta, Cipralex, Effexor or any other of the major antidepressants known as SSRIs because the ‘disease’ of depression is likely to be much worse than the drugs.”

Sound convincing?

Their recommendations are a bit more nuanced on paper, but at the risk of being overly bombastic, I have to ask, in the nicest of tones, “On which planet do these paediatricians live?”

The Canadian Paediatric Society arguably does some very good work, but when it comes to recommendations on children and antidepressants, my sense is they are many light-years away from rationality. (Read their position statements at www.cps.ca) In fact, when I looked at their advice about kids and antidepressants, I wondered if any voices in that organization are wondering if tossing more jet fuel on the flaming inferno known as childhood angst might make things worse?

According to their recommendations, “Within the context of a comprehensive management plan, SSRI medications may be effective in the treatment of child and

adolescent depression and anxiety disorders.” They follow that up with: “Because depression in particular is associated with high rates of suicidal ideation, behaviour and completed suicide, untreated illness may be more harmful than appropriate use of SSRI medication.” Let’s translate: The drugs might work and the kids should take drugs because the harm of the drugs could be less than the risks of suicide. They add, “Following medication initiation, patients should be closely monitored for potential adverse effects, including suicidal ideation and behaviour.”

What does this mean in practise?

A “comprehensive management plan” complete with help from a psychiatrist or counsellor sounds good on paper, but in the real world that plan would include an adequate number of quality counsellors, relatively easy access to child psychiatrists and solid, dependable supports for families struggling with poverty, addictions and violence. Since the world doesn’t look like that, what do our physicians really do when worried about a child’s social and emotional well-being? Write a script for an SSRI antidepressant, that’s what.

A child who is sad, confused, upset and angry might have good reasons for feeling that way yet once inside the medical system, the child is likely to be told he has a brain disorder and out come the prescription pads. Like children, the paediatricians are innocent, hopeful and trusting when they say the meds “may be effective in the treatment of child and adolescent depression and anxiety disorders.” Yup, possibly true, but the reverse may also be true. SSRI medications may not be effective or they may actually make things worse.

We know about SSRIs’ short-term side effects including nausea, vomiting, diarrhea, sleep changes – such as insomnia or wild dreams – as well as restlessness and headaches, but in the long term? Those are more scary to contemplate because

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*Reference: Anti-Influenza virus activities of commercial oregano oils and their carriers. Journal of Applied Pharmaceutical Science 2012; 02(07) 214-18.



we're talking about the drugs' effects on developing brains and bodies.

Author Robert Whitaker, whose book *Anatomy of an Epidemic* (Crown, 2010) explores why the number of adults and children in the US disabled by mental illness has soared over the last 50 years (in line with the soaring prescribing of SSRIs), demonstrates quite convincingly that SSRI prescribing is essentially part of the problem. Compared to depressed people not medicated with SSRIs, those on the drugs seem to actually do worse in the long-term, have high relapse rates and are more chronically depressed. The debilitating withdrawal symptoms when trying to stop SSRIs mean they are a one-way street: easy to start, with almost no going back. And we want to inflict that on a child?

These facts should be flashing red lights of caution around these drugs yet the paediatricians maintain, "Untreated illness may be more harmful than appropriate use of SSRI medication."

That could be true, but how many studies have looked at the long-term effects of these drugs in children? Both the USFDA and Health Canada have issued warnings saying these drugs in children increase the risks of suicide. What do the paediatricians know that the regulator doesn't? Why are they ignoring a substantial body of research, published in major medical journals like the *Lancet* and the *BMJ*, demonstrating SSRIs are largely ineffective and harmful in children and that children on antidepressants have a high rate of converting to bipolar disorder?

An FDA review of 2,200 children found four percent of those taking SSRI medications experienced suicidal thinking or behaviour, including actual suicide attempts which was twice the rate of those on placebos. Also, SSRIs in adolescence can cause long-term sexual dysfunction, loss of libido and so on, dangers that can continue even after the drug is stopped. (Google PSSD which stands for Post-SSRI Sexual Dysfunction and you'll find a whole online universe of kids self-reporting the disastrous effects of SSRIs on their lives.) An exhaustive review of the literature published in the *BMJ* concluded that, in children and adolescents "recommending (any antidepressant) as a treatment option, let alone as first-line treatment, would be inappropriate."

I'm not saying mental illness isn't a problem or that we shouldn't help withdrawn, sad or anxious kids, but when Canada's paediatricians say it's OK to use SSRIs in children as long as we 'monitor' them closely, maybe they are forgetting the child mental health system in Canada is largely a joke – an uncoordinated, inadequate system unlikely to be helped by pouring even more drugs of dubious value into the mouths of children.

Some might write off the Canadian Paediatric Society as somehow being in the pockets of the manufacturers of SSRIs, but I can't buy that explanation. Paediatricians as a group are incredibly caring, intelligent and compassionate people, but is their Society really that naïve, unaware that the 'real world' of childhood mental healthcare in Canada largely features general practitioners facing anxious or confused kids in a standard 15-minute office visit with nothing but a prescription pad. A pad, I might add, that could well condemn these kids to a more miserable future than it should be.

So in contrast to the official voice of Canada's paediatricians, let me issue a "position statement" on behalf of *Common Ground* magazine and my many loyal readers who are asking, "What do you really think, Alan?" Here's my opinion: The Canadian Paediatric Society is in Lulu-land or at least orbiting another planet that looks nothing like Earth. That planet is inhabited by those making careless recommendations around powerful and potentially dangerous pharmaceuticals, threatening to turn many young people into long-term pill-takers. But we earthlings think differently.

Let me try to lure them back to Earth with one thought: It's called the "Precautionary Principle" and it's as important as gravity is here on Earth. It's a useful concept and one worth considering the next time they make recommendations around the prescribing of powerful pharmaceuticals to our children. ☒

Alan Cassels is a pharmaceutical policy researcher and author in Victoria. He acknowledges the work of Mary Ellen Turpel-Lafond, BC's Representative for Children and Youth whose office is doing much to improve the health of BC's children.



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GMO myth of the month

Myth: GM foods are strictly regulated for safety.

Truth: GM food regulation in most countries varies from non-existent to weak.

“Monsanto should not have to vouchsafe the safety of biotech food. Our interest is in selling as much of it as possible. Assuring its safety is the FDA’s job.” – Philip Angell, Monsanto’s director of corporate communications (the FDA is the US government’s Food and Drug Administration, responsible for food safety).

“Ultimately, it is the food producer who is responsible for assuring safety.” – US Food and Drug Administration (FDA)

“It is not foreseen that EFSA carry out such [safety] studies as the onus is on the [GM industry] applicant to demonstrate the safety of the GM product in question.” – European Food Safety Authority (EFSA)

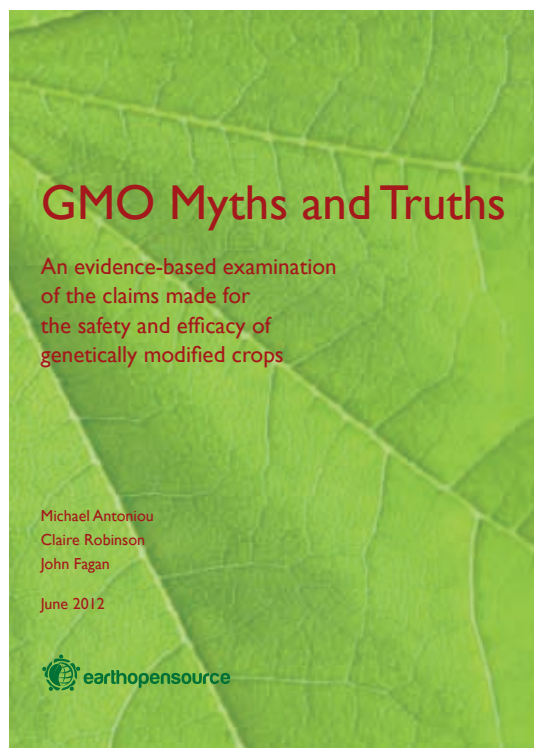
Industry and some government sources claim that GM foods are strictly regulated. But GM food regulatory systems worldwide vary from voluntary industry self-regulation (in the US) to weak (in Europe). None are adequate to protect consumers’ health.

The sham of substantial equivalence

“The concept of substantial equivalence has never been properly defined; the degree of difference between a natural food and its GM alternative before its ‘substance’ ceases to be acceptably ‘equivalent’ is not defined anywhere, nor has an exact definition been agreed by legislators. It is exactly this vagueness that makes the concept useful to industry but unacceptable to the consumer... “Substantial equivalence is a pseudo-scientific concept because it is a commercial and political judgment masquerading as if it were scientific. It is, moreover, inherently anti-scientific because it was created primarily to provide an excuse for not requiring biochemical or toxicological tests.” – Millstone E, Brunner E, Mayer S. Beyond “substantial equivalence”. *Nature*. 1999; 401(6753): 525–526.

The US FDA’s approach to assessing the safety of GM crops and foods is based on the concept of substantial equivalence, which was first put forward by the Organisation for Economic Cooperation and Development (OECD), a body dedicated not to protecting public health but to facilitating international trade.

Substantial equivalence assumes that if a GMO contains similar amounts of a few basic components such as protein, fat, and carbohydrate as its non-GM counterpart, then the GMO is substantially equivalent to the non-GMO and no compulsory safety testing is required. Claims of substantial equivalence for GM foods are widely criticized as unscientific by Indepen- *continued p.27...*



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Nutrispeak Vesanto Melina, MS, RD

HEALTH

Iron – finding the right balance

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In the past, nutrition texts rated non-heme iron from plant foods as inferior to heme iron in meat as generally a lower percentage of non-heme is absorbed. We're now aware that non-heme iron gives us an advantage, keeping us on safe ground between too little and too much iron. Plant sources are ideal, as the body has some control over absorption efficiency and can adjust uptake to suit our need. If our iron reserves are low, we absorb more iron from plant foods; if abundant, our intestines block the absorption of non-heme iron. Pregnant women can absorb over 60 percent more iron than they did before pregnancy.

Iron deficiency anemia is no more prevalent among vegans and other vegetarians than among non-vegetarians. Many vegetarians have lower levels of stored iron (serum ferritin) than those of non-vegetarians. This does not affect how a person feels and unless a period of starvation occurs there is no apparent benefit to having more than minimal iron stores. In fact, current research indicates that lower serum ferritin levels may be advantageous, linked with better insulin sensitivity and less risk of type 2 diabetes, coronary artery disease, colon cancer and inflammatory conditions.


Lentil soup Makes 11 cups

This hearty soup is rich in protein, iron and zinc. Made with red lentils, cooking time is 40 minutes in all; with brown, grey or green lentils, 65 minutes. Both are delicious. Serve with whole grain bread or crackers. Add a side plate of red pepper strips; the vitamin C will further enhance iron absorption.

3 cups lentils	2 tbsp. lemon juice
7 cups water (add more if desired)	1-1/2 tbsp. molasses or brown sugar
1-2 tbsp. olive or other vegetable oil	1 tbsp. balsamic, cider or wine vinegar
1 large onion, chopped	1 tsp. each of thyme, oregano or basil, or all 3
2 cloves garlic, minced	1 tsp. salt (or to taste)
1 cup chopped celery	¼ tsp. pepper (or to taste)
1 cup chopped carrots	
1-1/2 cups crushed tomatoes or tomato sauce	

Put lentils and water into a large pot, bring to a boil, then lower heat to simmer and cook for 20 minutes if you are using red lentils or 45 minutes with brown, green or grey lentils.

While lentils are cooking, put oil in a frying pan over medium heat; add onion and cook for 3 to 5 minutes or until starting to brown. Add garlic, celery and carrots; cook for 3 minutes. Check that lentils are soft, then add onion mixture, tomatoes, lemon juice, molasses or brown sugar, vinegar, herbs, salt and pepper and cook together for about 15 to 20 minutes. Serve.

Nutritional analysis per cup: calories 228; protein 15 g; fat 2 g; fibre 17 g; iron 5 mg; zinc 3 mg. 

January 20: Vesanto Melina gives a free talk at the Vancouver Public Library, 7PM, 350 W. Georgia, Alice MacKay room. Her **Becoming Vegan: Express Edition** (Davis and Melina, The Book Publishing Co, 2013) was given a star rating by the American Library Association as the go-to book on vegan nutrition (www.becomingvegan.ca). Also see **Cooking Vegetarian** (Melina and Forest, Harper Collins). Consultations: 604-882-6782, vesanto.melina@gmail.com

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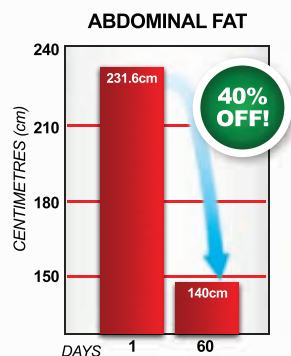
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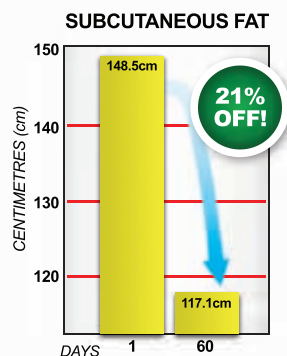
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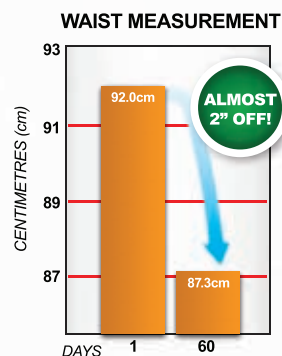
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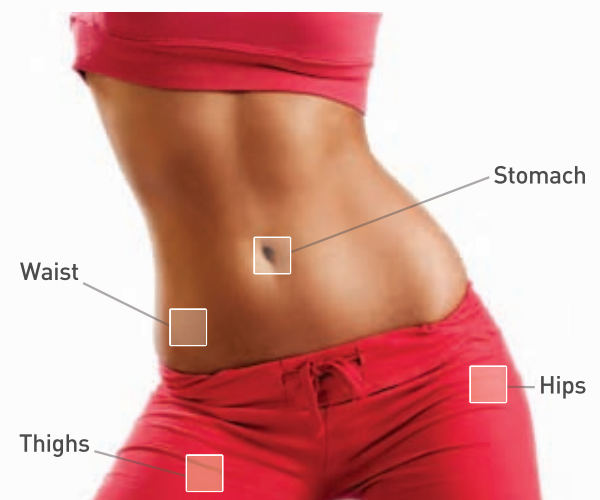
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GMO BITES

from the Canadian Biotechnology Action Network

We are reporting some incredibly important developments from around the world, including the Canadian government's new Agriculture Omnibus Bill. The news below exposes the intense fight around the future of GM crops.

In mid-December, your protests helped stall GM sterile seeds moving ahead (Terminator technology), despite an international moratorium. The update from Brazil is below. CBAN is coordinating the Canadian Ban Terminator Campaign as part of the international campaign. Industry will do everything they can to be able to use this technology and we will do everything we can to stop them.

Meanwhile, an Australian farmer is close to his court date; he lost his organic certification due to GM canola contamination. This is a familiar story to Canadians but it is a new fight in Australia; for the first time, a single farmer is taking his neighbour to court for contaminating his farm.

The right to save seed is under attack. Terminator technology is only one tool that could be used to stop farmers from saving seeds. Next year, CBAN will join with farmers across Canada in stopping further enclosures on seed saving.

Your actions worked! Terminator stopped for now

Confronted with 35,000 institutional and individual signatures on a petition growing by several hundred an hour, Brazil's Judiciary Commission agreed to take the Pro-Terminator Bill off the agenda leaving open the possibility that the bill will not be passed until Congress reconvenes in early February. Terminator technology is GM sterile seed technology.

Supporters of the suicide seed legislation have privately argued that GMO opponents should welcome their bill since it will prevent farmers from reusing GM seeds. This is both technically and politically wrong. Terminator technologies are highly imperfect and the sterility trait will inevitably bleed into

neighbouring fields and crops meaning farmers will unwittingly plant seeds that they will never be able to harvest. More ominously, Terminator is fundamentally a ground-shifting market strategy. If major seed companies are allowed to use Terminator technologies, they will immediately transfer all of their plant breeding research onto the suicide seed platform which affords them anywhere from two to four times the profitability of non-Terminator seeds.

Landmark legal case: Organic farmer sues neighbour for GM contamination

Steve Marsh is an Australian farmer who lost his organic certification when Monsanto's genetically modified (GM) canola blew onto his farm from a neighbouring property in 2010. Since then, Steve has lost most of his income and has been struggling to get his organic certification back.

Monsanto has a no liability agreement with GM farmers that prevent them from being sued. The only avenue Steve had to protect his livelihood was

to take his neighbour to court. It is due to start on February 10 in the Western Australian Supreme Court and is scheduled to run for three weeks. This is the world's first case of an organic farmer using the courts to recover loss and damages from a GM farmer. This case has been described as a landmark case to determine who should take responsibility in case of GM contamination. If Steve wins, it will set a precedent to guide the application of common law to GM contamination and will be of interest to lawmakers worldwide.

Watch and share the short video explaining Steve's story: www.youtube.com/watch?v=YpQHUTfRro

Donate to support this landmark case: The Safe Food Foundation, Australia: www.safefoodfoundation.org www.facebook.com/safefoodfoundation <https://twitter.com/#!/SafeFoodFound>

Seed saving under attack in Canada

Canada's Minister of Agriculture, Gerry Ritz has introduced the Agricultural Growth Act (AGA). The government is calling the AGA an omnibus bill for agriculture because it proposes amendments to a number of acts dealing with plant breeders' rights, feed, seed, fertilizer, animal health, plant protection, monetary penalties, ag marketing programs and farm debt mediation.

The Act would amend the Plant Breeders' Rights Act to align it with the requirements of UPOV '91 (the International Union for the Protection of New Varieties of Plants). UPOV '91 is about restricting what farmers can do with seed and giving seed companies powerful new tools to extract money from farmers. "These seed corporations would be able to extract money from farmers on their entire crop," Terry Boehm of the National Farmers Union explained... The plant breeder/seed corporation would have total control of seed... This upsets thousands of years of normal agricultural practice whereby farmers always saved seed for their next crop."

The National Farmers Union Seed and Trade Committee is undertaking a thorough reading of the Act and will prepare a detailed analysis of its implications for farmers in the near future. ◀

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In pursuit of beauty

If asked to name one book that had a profound influence on my life, it would be Masaru Emoto's *Love Thyself: The Message From Water III*. In 1994, Emoto had the idea to freeze water and photograph the resulting snow crystals under an electron microscope. From the water of pristine rivers and lakes, he observed perfectly symmetrical, beautiful, shining crystals and no two were the same; from city tap water and rivers and lakes close to big cities, he saw disfigured and dark crystals.

In order to explain this, Emoto continued his experiments using pure distilled water and directing energy to it by way of sound (music), thought and prayer. When loving words, harmonious music or pure prayer were offered, the result was images of beautiful crystals. Following harsh sounds and negative thoughts such as hate, however, the result was disfigured crystals.

Emoto believes "everything is the combination of energetic vibration and as vibrations resonate, it makes objects tangible. Combinations of non-resonating vibrations result in destructive energy, from which nothing can be created. When vibrations resonate, it always creates beautiful design; thus most of the Earth is covered with beautiful Nature.

**When vibrations resonate, it always creates beautiful design;
thus most of the Earth is covered with beautiful Nature.**

"The photographs of crystals are neither science nor religion, but I hope will be enjoyed as a new type of art in which the world shows its truth. There is no doubt that many messages essential to our lives are hidden in it," Emoto says.

After reading this book and viewing the photographs, I realized how easy it was to change my energetic vibration by the way I talked to myself; after all, water molecules make up over 50 percent of my body. If you are child of the sixties like I am, you'll remember growing up having to be "seen and not heard." Add to those feelings of worthless the mental agony of a young girl desperate to fit in by looking like an anorexic fashion icon called "Twiggy." This dissatisfaction with body image continues to haunt today's generation of young girls and women and it breaks my heart to think how we waste our youthful beauty with such destructive thoughts.

I considered all the years I had beaten myself up with negative back chatter that infused my being with energy that lowered my vibration. I decided it was time to learn to love myself, which has been the hardest journey I have ever taken. Once I arrived and became more self aware, I changed the messages I give myself. Today they sound like this: "From now on, I am going to see the world in a positive new light. Not black, nor grey but white. From now on, I will learn to love myself by never speaking against myself with messages that are self-sabotaging. From today forward, I will put love into action to create the change I want to see in the world."

Emoto asks, "Is it presumptuous to suggest that scientists, philosophers and religionists in the pursuit of the unknown take a different path – one in the 'pursuit of beauty' as a means to confirm the right path?" If we re-imagine the future in pursuit of beauty in this way, we can work to restore the world back to the way the Creator intended.

Sing with me, 'This little light of mine, I'm going to let it shine' and have a Happy New Year in 2014. ☑

Carolyn Herriot is author of *The Zero-Mile Diet* and *The Zero-Mile Diet Cookbook* (Harbour Publishing). She currently grows 'Seeds of Victoria' at The Garden Path Centre. www.seedsofvictoria.com

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BC Ferries is bent. Let's fix it.

Ferry tales



by Bruce Mason

photo by Mike Thompson, Impact Digital Photography Studio

Our ferry system may seem badly broken and beyond repair, but it is merely bent. Every person in BC is being urged to take control once again, to put our ferry system back in service and back on course. It's in everyone's best interest to be rowing in the same direction, seizing this opportunity to change direction, to arrive at a destination that we the people determine. To reclaim our rights, our power and our ability to reposition this service to its former status as the best in the world, bar none. Full-stop.

Big business, bad management, out-of-touch government and out-to-lunch policy are cargo to be repositioned or jettisoned. We are the crew and we pay the bills. The good news is that your ferries – like the *MV Quinsam*, at the top of the page – could be heading into the sunrise, not the sunset that management and government envision. Lovely, isn't it? Imagine that the folks in the wheelhouse and on deck agree on where we're going.

It doesn't take Einstein – or an MBA – to do the math. It's common sense, good business. But as Einstein said, "Insanity is doing the same thing over and over again and expecting different results."

On April Fool's Day, 7,000 sailings will be slashed from BC Ferries. Passenger fares will be pushed beyond the already untenable average of an additional 135%, imposed over the past decade. Free trips for seniors are

being cancelled. And, oh, yes, slot machines will be tested on a major route.

Why bother to fight this madness? Well, shouldn't you be able to afford to share a once-in-a-lifetime vacation to Haida Gwaii with your family? Experience the awe of Long Beach? Walk the lawn and steps of our Legislature? Camp out and cycle on the Gulf Islands? This is our birthright, our history, our future, our province, our ferry system. The work and dreams of our ancestors are now being yanked outside the reach of working families, students, seniors.

You can't afford not to care. Ours is a maritime province; 20% of our population live in ferry-dependent communities. They also contribute more than 35% of our tax revenue; these 20% of people pay 35% of the bills.

Ferry routes are marine highways integrated into transportation infrastructure. That's how they're treated on the rest of the planet, from Alaska to Norway.

Now, let's compare apples to apples. Washington State's ferry system carries 20 million passengers and eight million vehicles a year, slightly more than BCF, in almost identical conditions and climate. South of the border, there's one manager for every 40 employees. At BCF, it's one in six. You read that right. Washington, one manager, 40 employees. BC, one manager for every six employees. That adds up to 17 managers for every single BC ferry, greater in number than the in-service crews of the minor, intermediate vessels and some larg-

er ones, as well.

"It's a different system," some say. And they're right. Washington's works and the fares are much lower. At BCF, 150 managers are on-board with 450 on-shore. That's 600 managers compared to 100 managers state-side. BCF reckons the manager-employee ratio is more like one in 10 – questionable, but still way out of whack; at the very least, four times the ratio *continued p.30...*

We were promised “stable rates, flexible schedules and economic vitality.” Now, Transportation Minister Todd Stone, on orders from on high, is forcing coastal communities to take this final walk down the plank from which it will take generations for them to be revived.



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Letters

Proposed Port Hardy/Bella Coola ferry service closure threatens tourism An open letter

The talks on the possible Port Hardy/Bella Coola ferry closure are disturbing to us, to say the least. We are heavily invested in tourism here in the Chilcotin and we are continuing to invest in BC's largest industry. You are probably well aware of the migration of people towards the north. What is not so obvious is the total by-pass of the Chilcotin by this economic thrust.

A shortage of continuing industry has been depopulating the Chilcotin – a fact that is weighing on the locals and a fact we are trying to counteract vehemently. Tourism here feeds on breathtaking – as well as subtle – scenery and in combination with the 'western image' of ranching sells well.



Eagle Lake in the Cariboo Chilcotin Coast Region of BC

In contrast to tourism and ranching, and its annually renewable resource of grass, the other resource-based booms created by large-scale logging and mining can be impressive but always only in the short-run; neither are appealing to the modern world traveller and never do they leave behind continuum.

The comprehensive round trip from the Island to the west coast or from metropolitan Vancouver on through an enticing countryside to Bella Coola, with an anticipated visit to charming Victoria, is a most inviting way to leave behind domestic, foreign and mostly private wealth and includes a lot of people living on reservations. Fact is the population on the reservations is the only one growing in the Chilcotin. These people's need to integrate into economic development, social wellbeing and stability is no less than all other Chilcotin residents' needs and the single biggest boost towards this development was the introduction of the ferry service in question now.

Service-oriented infrastructure like lodges, restaurants, processing and packing facilities, fuelling stations and stores, have sprung up over recent years, bringing work and financial security to many Chilcotin families and thus establishing a sense of worth and direction. All this happened as a result of the ferry service.

What do you imagine the Chilcotin will be like in another generation with this evolution being shocked to a stop? And you, as the elected leaders of our beloved Province, consider closing a service so very promising and proving to be essential to the betterment of your people?

Finally, we are seeing substantial investments in this area, with not only the "to be exported" dollar as the bottom line but also with a good measure of sustainability and a bit of sorely needed culture, moving away from subsidized welfare towards livelihoods that are worked for and ultimately earned.

I remember well Victoria's promise to earmark surplus logging revenues from the Chilcotin for the Chilcotin. Alas, these dollars were spent on the magnificent Port Mann Bridge. I am not complaining but reminding and by doing so I hope to touch on human decency and the strong belief in democracy so ingrained in the people of this Province.

– Felix Schellenberg, Redstone, BC, www.pasturetoplate.ca

Just now an interview with Eckhart Tolle

To read Eckhart Tolle's latest column, please see the current print edition of Common Ground. For copyright reasons, we are authorized to publish this column in our print version only.

JR: In your new book, I feel like you're the modern equivalent of the explorers that came to the new world, but an explorer and documenter of consciousness, discovering a new world.

ET: Yes, discovering is the right word. It's not that you need to make a great effort to attain it or bring it about or acquire it. It's discovering it's already there in you – conscious awareness that's obscured, or partially obscured, in many people. It's a discovery of something already there.

It's like waking up after a dream, because identification with the thinking mind and its stories and the old emotional conditioning is like being immersed in a kind of dream world, which very often turns into a nightmare – acting out old conditioned patterns again and again. The whole structure of the egoic mind is an old dysfunction.

There's some evidence that the ego started about 6,000 years ago, but nobody can say for sure. Before that, humans were in a state of innocence. When we go beyond the dysfunction of the ego, we regain our original innocence, but on a much deeper level. This is why Jesus said unless we become as little children we cannot enter the kingdom of heaven.

So, returning to the original innocence, and at the same time going much deeper into that with full awareness – that's the process. We're coming out of thousands of years of dreadful suffering, almost the whole of recorded history of humanity. If you really look at it in an unbiased way, as if you'd never seen it before, one cannot but admit that, to a large extent, 80 to 90 percent of it is a history of pathological insanity, the suffering that humans have created for themselves and, of course, inflicting it upon others.

JR: And exporting it through colonization to the new world.

ET: Yes, so the important part of the awakening process is the realization of the insanity in human history, collectively, to this day playing itself out in world events. Also, to be aware of the insanity within oneself – old, dysfunctional patterns that come again and again that create suffering. So when you see that you're insane, then you're not completely insane. Sanity comes the moment you realize the fact of insanity. To see insanity is not a negative thing.

JR: At least you're out of denial.

ET: Yes, that's why in the film *A Beautiful Mind*, for example, which is about a mathematical genius who did have a mental dysfunction, his mind was developed in certain areas but he was also insane. The viewer of the film doesn't know that until a certain point when the character realizes that many of his experiences are delusions. At that moment, his healing begins. He's not cured yet, but his healing begins because he's recognized his own insanity. That recognition can only come out of sanity, which is the awareness of unconditioned consciousness.

There's a dimension in us that has nothing to do with content. Self-realization is that I am not that. I'm not my story, not my grievances and hang-ups, not the story of me that I'm telling other people at parties or repeating in my head again and again. That is only form. It's temporary.

When you see what you're not, it's already liberating. Something inside you breathes a sigh of relief. Then, of course, the mind begins to ask, "What are you if you are not that?" It wants an answer. In other words, it wants some new form. It wants a new thought. There must be a thought that I am. But it doesn't work like that. That's why the great book the Tao Te Ching starts with the line that the Tao that can be spoken of is not the true Tao because Tao – in the ancient Chinese way of putting it – is the formless dimension. You could say pure consciousness, but with any term we use we have to be careful it's not mistaken for "It." Otherwise, the mind comes in and says, "Oh, consciousness, yes. I believe that I'm consciousness." It's not another belief. It's finding that spaciousness inside yourself that's there when you let go of identification of form. ■



Growing in consciousness

We all have the ability to evolve our consciousness. Consciousness is our awareness and it can be limited by beliefs and conditioning or it can be expansive and unlimited. I think of higher consciousness as aligning with the purity of our souls and unconsciousness as being driven and limited by ego.

Ego can be characterized by qualities such as attachment, selfishness, competition, codependency, blame, judgment, anger, polarity, jealousy, inferiority or imbalance. Soul, on the other hand, can be characterized by qualities such as non-attachment, unconditional love, non-judgment, kindness, patience, harmony, compassion and understanding. Ego is created out of our conditioning and beliefs while soul is eternal and transcends the experiences of this world.

In order to evolve our consciousness, we need to align with our deep inner being and detach from the ego “costume” with which we have been falsely identifying. It is a subtle process and we can fool ourselves into thinking we are evolving

**When we choose to grow in consciousness,
we choose to be our authentic selves.**

ing by changing the “costume” into a more “spiritual” one. I have often heard individuals describe their spiritual path with much enthusiasm and then go on to explain how “unevolved” others are. This is still ego judging.

Others pursue a spiritual path to get something they want: to manifest the ideal relationship or financial abundance, for example. This is still ego coming from a place of scarcity and judging the current life experience as lacking and looking for something better. The true source of happiness and inner peace lies within us. Yes, we can create what we desire, but our whole sense of self and inner peace does not depend on it.


When we choose to grow in consciousness, we choose to be our authentic selves, without worrying if we will be accepted or loved. We do not look to others for their approval or to make us feel good about ourselves. We do that on our own.

We let go of attachment to identity, roles and definitions. Our being becomes more significant than our doing. We focus more on our own reactions than on the people or situations that trigger them. We do not blame others for the way we react.

We maintain a sense of personal integrity. It is not okay to be that wonderful person at work or with friends and then be mean or disrespectful to those at home. We do not behave in ways that would cause us embarrassment if the rest of the world saw it.

We cease to judge. When we judge another, we are saying we are better than they are. That is an ego idea. Soul recognizes we all are on a journey, each with different resources, advantages or disadvantages. We have compassion for the weak and wounded, and also for those who are so trapped in ego they hurt others or lack integrity.

The more we grow in consciousness, the more we grow in love. Mother Teresa was such a glowing example. When asked how she could work with people who were so ill, lying in filthy gutters, her response was that in every person she saw the face of God. When we think of others that way, we are humbled and all we can do is to honour every being.

When we transcend the limitations of ego and move into a soulful way of being, we realize we are all of the same stuff; we are all drops in the same cosmic ocean. 

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books, Deep Powerful Change Hypnosis CDs and new “Creating Healthy Relationships” series, visit www.gwen.ca



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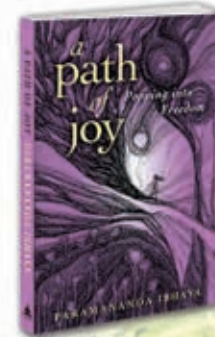
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StarWise

January 2014

10 Awesome flavours weren't enough, so we created 3 more.

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The much-dreaded Saturn – natural ruler of Capricorn and Aquarius – holds cosmic court over the next two months. Saturn rules the New Moon on January 1 and we best get a handle on what this stern, paternal/maternal guide is all about. Saturn is feared because he is associated with death, discipline, restriction, poverty and disease. Look back to a time in your life when you went through some type of hardship or loss and, guaranteed, Saturn will be in the play. Although we tend to vilify him, he is very much part of the karmic planetary scheme. As Shakespeare so aptly put it, “The fault, dear Brutus, is not in our stars, but in ourselves, that we are underlings.”

The Sun, Moon, Mercury, Mars, Jupiter, Saturn, Uranus and Pluto are in the mix with this new Moon energy and it has caused me to raise an eyebrow as to what the significance of this starry mix is all about. Will it mean trouble? No doubt it will. Should we be worried? Yes, if we are predisposed to worrying. Worrying won't make our problems go away though. Here's a scenario that may help us have clearer insight into what this planet is all about: When a Mom approaches the crosswalk with her kids, she emphatically warns them of the dangers involved in crossing the street. She might even yell at them in order to convey her seriousness less they dart out into the traffic. The kids may not like it, but they'll remember it always.

Government, education and justice systems are ruled by Saturn. We are in troubling times and obviously there are myriad complex problems to work through. Yet today's worries will be replaced with another set of concerns as time marches on. Unrest, wars, revolutions, corruption, pollution, poverty and all the other things we drone on about are on the cosmic menu.

Let's take Saturn's symbolism to a deeper level. Saturn carries a sickle so we can cut away from those things that bring us pain and disease. Although Saturn is not a pleasant character to deal with, once you pass his stringent laws and restrictions, you will experience freedom, health and peace. He is Father Time and when we disobey his stringent laws, we pay in the form of disease and suffering. Like Saturday's child, we must work hard and within the laws of nature. Once we do, we are set free. Although his energy is quite sobering, the lessons we garner through Saturn will carve a deep and sagacious wisdom into our souls.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109.

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ARIES Mar 21 - Apr 19

The trail-blazing pathway you carve out will be trod by many souls in the future. If you're not sure which way to go, or how to go, just be true to yourself, live honourably and follow your instincts. Your past life experiences will kick in and you will be well on your way.



TAURUS Apr 20 - May 21

Although you may get what you want by your sheer will and persistence, will it be enough and will it truly make you happy? My bet is that it won't. You may be appeased for a while, but not wholly satisfied. Seek, search, pray and meditate for God's love, which is non-perishable and eternal.



GEMINI May 22 - Jun 20

One thousand books read, countless academic degrees attained and still no peace of mind. You are sharp, witty and connected to all kinds of people, yet still no peace. I have found there is a deep well of spirituality in the Gemini soul and it must be nurtured and fed and peace will come.



CANCER Jun 21 - Jul 22

A great planetary focus is taking place. You must do your best in order to capitalize on it. Material acquisition won't cut it; neither will any other form of ego aggrandizement. Only God's love will do. Seek it, yearn for it, pray for it and while you're at it, what's meant to be yours will manifest.



LEO Jul 23 - Aug 22

Oh, spiritual warrior, where art thou? Hopefully, you're not counting your dollars and dimes, nor pondering your past attainments. You have a much higher calling. Move forward brave heart and commence your search for the divine. Show us and lead us with your golden ray of the Sun. Strike while the iron is hot.



VIRGO Aug 23 - Sep 22

At some point in your life, you must lay down the question and answer format. The intellect can only get you so far and no farther. A divine time has arrived in which faith and devotion will bring you to new heights, beyond your wildest imagination. Purify and perfect your inner self.



LIBRA Sep 23 - Oct 22

Make war, not peace. Mars, which is totally antithetical to Libra, spends the next several months in your sign. By war, I'm not talking violence. It's about the internal struggle for freedom, balance and spiritual harmony. Take up your lance and shield, slay the ego and attachment to worldly desires and peace will come.



SCORPIO Oct 23 - Nov 21

Read the introduction regarding Saturn for he is the main planetary energy affecting you throughout 2014. You can only sweep the dirt under the carpet for so long until eventually you stumble over it. You have the power, grit, wisdom and determination to put it all together and now is the time to do so.



SAGITTARIUS Nov 22 - Dec 21

Have you had enough yet? Life got you down a bit. Maybe another vacation will do, probably not. You cannot escape yourself, no matter where you go. The only way to go is up. You've attained the heights before; otherwise you couldn't be a Sagittarius. Let go, let God and you will find the way.



CAPRICORN Dec 22 - Jan 19

A most powerful and profound time has arrived and you must capitalize on it. That's what you are most capable of, isn't it? Climb the internal mountain, which is the most worthy effort and the great boon of your human birth. Otherwise, you have wasted your time and must come around again.




AQUARIUS Jan 20 - Feb 19

We don't hear this very often, but Aquarius is a very mystical sign. You have a most precious jewel between and behind the two eyebrows and so far you have ignored its pristine beauty and value. Start now and don't look back. Pray for guidance and as surely as the Sun rises, it will come.



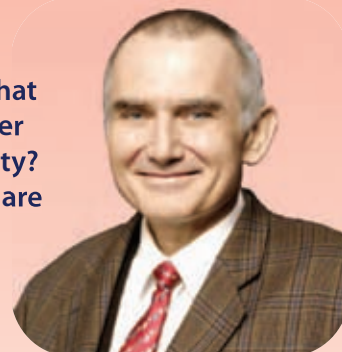
PISCES Feb 20 - Mar 20

You've come a long way in your spiritual journey and now things are destined to become very interesting. Remember that exercise in which you fall back into the arms of your trusting friends? Now you can fall back into the strong arms of the Lord and for sure he will not fail to catch you. 

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Let's raise the bar for 2014

It was a strange year. From the never-ending carnival of calamity at Toronto City Hall to the scandalous subterfuge on Parliament Hill, from horrific attacks by the Syrian government on its own citizenry to disasters inflicted by extreme weather on the people of the Philippines, 2013 recalls Queen Elizabeth's description of 1992 as an *annus horribilis*.

It got tiring and demoralizing watching Toronto Mayor Rob Ford sink to new depths daily, the scandals in the Prime Minister's Office and Senate grow deeper and wider and disasters of war and weather increase in frequency and intensity. On top of it all, those of us who have taken on the often-thankless task of trying to encourage people to care for the air, water, soil and diversity of plants and animals that keep us alive came under increasingly vituperative attacks from the media and even our own government.

Much of the corresponding commentary and analysis has become so

stultifyingly stupid that people rely on late-night comedy shows for some semblance of insight to make sense of it all. It's as if the standards of discussion and debate, political discourse and leadership, have been diminished to the point of absurdity.

It hasn't been all bad, of course. When government focuses on the interests of the fossil fuel industry instead of the citizens it was elected to represent – spying on, demonizing and auditing citizens and organizations devoted to environmental protection and spending taxpayers' money to promote pipeline and oil-extraction projects, as well as subsidizing the fossil fuel industry – people notice.

When media personalities and outlets throw their support behind the fossil fuel industry and launch malicious and unfounded attacks against anyone who dares call for rational discussion of energy and resource policies, they lose credibility and audience share.

Those who refuse to let disillusionment immobilize us are pushing back. Many who have become tired of media and governments ignoring our interests are joining the growing number of rallies

We're seeing more evidence

every day of the damage

we're doing... with our

unbridled pursuit of profit

and endless growth and our

mad rush to extract all the

planet's precious fossil fuels.


and movements challenging Canada's becoming a petro-state: from opposition to Enbridge's Northern Gateway Pipeline project to November's Defend Our Climate, Defend Our Communities

National Day of Action.

And it's not just environmentalists showing up and speaking out. First Nations, organized labour, students and youth groups, business people and tens of thousands of citizens from all walks of life are coming together to call for a country and world governed for people, not corporations, where clean air, water, soil and biodiversity are protected for the benefit of us all and for our children and grandchildren to come. That's not an attack on corporations; many are ethically run. It's just recognition that the planet and its inhabitants come first.

Many people are trying to raise the bar, to promote rational dialogue and solutions, from individuals to online media outlets to business leaders and even some politicians. None of that rules out criticism and scrutiny; in fact, it demands it. We must all hold ourselves to higher standards and learn from others, acknowledge when we're wrong and change our views if new information calls for it. But we can't sink to the constant personal attacks and lies so often employed to deliberately sow doubt and confusion around critical, life-threatening issues like pollution, climate change and environmental degradation.

We're seeing more evidence every day of the damage we're doing to our only home, the Earth, with our unbridled pursuit of profit and endless growth and our mad rush to extract all the planet's precious fossil fuels so we can burn them as quickly as possible to make money while the market's hot. We're seeing increasing instances of the kind of extreme weather events predicted by climate scientists, from flooding in Calgary and Toronto to typhoons and cyclones in the Philippines, Italy and India to tornados in the U.S. We're seeing mounting evidence of the consequences of our actions in the recent Intergovernmental Panel on Climate Change Fifth Assessment Report.

We're also seeing where solutions lie. There's still time to turn around, but we need everyone to raise the bar on discussion and action – in politics, the media and our own lives. Let's make the coming year a better one. 

With contributions from David Suzuki Foundation senior editor **Ian Hanington**.

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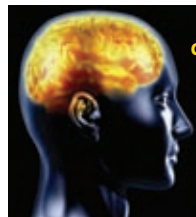
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We won't allow the Enbridge Pipeline say First Nations and NGOs to Joint Review Panel decision

First Nations, environmentalists and representatives from northern communities held a press conference on December 20 in response to the 209 conditions on the Enbridge pipeline announced December 19 by the Joint Review Panel (JRP) of the National Energy Board (NEB).

"The JRP's conditions are so flawed, they are to be ridiculed," said Gerald Amos, Chair of the Wild Salmon Coalition, introducing the session. "They do nothing to protect communities, the land and the ocean from a catastrophic oil spill and the people of BC will not let this pipeline be built."

"The JRP, in their 209 recommendations, did not take into consideration the facts presented to them by thousands of people," said Des Nobels from the United Fishermen and Allied Workers Union. "The NEB failed to protect us from the very real danger posed by moving tar sands oil through this region. To suggest that any of these conditions could reduce this risk to our coastal fishing economy and our way of life is sadly mistaken."

With the JRP recommending this pipeline be approved with conditions, it is now before Stephen Harper and the federal cabinet.

"The majority of people in BC are opposed to Enbridge's pipeline and the question many people were asking me [on December 19] is what can we do now to stop it. There are basically three main ways we can stop this pipeline: in the courts, through political organizing

and through direct action," said Ben West, Tar Sands Campaign Director at ForestEthics Advocacy. "We are hoping the politicians do the right thing and listen to the people before things get more serious because this issue has the potential to end up making Clayoquot Sound look like a walk in the park."

The JRP's conditions are so flawed, they are to be ridiculed. They do nothing to protect communities, the land and the ocean from a catastrophic oil spill.

– **Gerald Amos, Wild Salmon Coalition**

The groups highlighted the Hold The Wall initiative started by the Yinka Dene Alliance, in which, in only two weeks, 15,000 people pledged to stand with First Nations to stop this pipeline from being built. The groups called on the people of BC to get involved in the campaign.

Some have gone so far as to say that First Nations have a veto over projects, highlighting the more than 400 projects in Canada that have been stopped by First Nations challenges based on their land and title rights. Amongst the strongest concerns regarding this proposal

are those from northern BC residents who will have the pipeline run through their backyard.

"The people who live along this proposed pipeline route participated in the review process believing that our voices meant something. The JRP recommendation and the weak 209 conditions prove the breakdown of democracy in this country, the priority given to big oil, and the abandonment of communities like mine. We are not going to stand for this," said Kandace Kerr of the Ft. St James Sustainability Coalition.

"They have approved this project knowing that it is impossible to clean up after a spill — they call the devastation that will ensue 'temporary and insignificant,'" says Karen Wristen, Executive Director of the Living Oceans Society. "The people of this coast would be forced to live in fear for their culture, their livelihoods, even their health and safety. No one should have to live like that. Coastal communities will stand with First Nations and the thousands of Canadians who know this project is wrong for Canada to stop this pipeline from being built." ■

Resources

Friends of Wild Salmon: www.friendsofwildsalmon.ca
United Fishermen & Allied Workers: www.cope378.ca
T.Buck Suzuki Association: www.bucksuzuki.org
ForestEthics: <http://forestethicsadvocacy.ca>
Living Oceans Society: www.livingoceans.org
Fort St. James Sustainability Coalition: 250-642-0303

Taking back our power as eaters and citizens

“**R**elational eating,” you read it here first. Destined for buzz word status and “Aha!” moments on Oprah, fundamentally re-examining the role of food in our lives is at the heart and soul of best-selling author Vicki Robin’s new book *Blessing the Hands That Feed Us: What Eating Closer to Home Can Teach Us About Food, Community and Our Place on Earth*.

The title is a mouthful, but the contents are easily digested, jam-packed with highly nutritious, delicious, bite-sized pieces of wisdom, tips, anecdotes and recipes for a humanity hungry, if not starving, for a profound change on the planet. We all eat. We are what we eat. And focusing on food can be a unifying force in realizing sustainability and returning to sanity.

Robin invites readers to re-visit and renew their place in the web of eating. “Relational eating encompasses the whole shift from eating as a private affair from a vast, continuous smorgasbord heaped high by the industrial food system, to eating in a living system where food is precious because we know the farmers, the farms, the farm animals, the fruits and foraging spots, the vicissitudes of the seasons and that we live somewhere, not just anywhere,” she explained to *Common Ground* in her first interview about the book.

After the death of her partner Joe Dominguez and her own seven-year battle with cancer, in 2010, Robin took up the challenge from a market gardener near her home on Whidbey Island (in Washington State’s Puget Sound) to live for a month on food produced within 10 miles.

Thus began a personal journey, peopled with farmers living out their dream of self-sufficiency – such as a corporate executive turned milk producer – and a parade of characters, charming adventures and insights. This kind of personal transformation is available to us all, in one form or another, including awareness of why a free-range, farm-gate chicken really is worth five dollars a pound.

“For me, relocation – revitalizing regional economies and ways of life – has become our one sane choice, given our crisis of exponential growth, despite limits and the inevitable overshoot and collapse. When I see truth, I want to test if I can actually live it: sustainability as an extreme sport,” Robin says.

“I’d been a dieting, binging, weight-obsessed Ameri-

can woman over six decades and was the perfect subject for a 10-mile, hyper-local eating experiment. With no axe to grind – I didn’t plan to even write about it – I was curious and convinced that I was testing a limit we were all facing – unaware.

“On semi-rural Whidbey, we have a three-day supply of food in grocery stores and less than a month from our fields. And that’s just during August. I understand the economics and practices of industrial food and honestly like a lot of what I call ‘anywhere food.’ But I’m aware that I’m eating the injustice, toxicity, economic distortion, soil depletion of that food – and the health consequences, as well.

“I shifted away from food as a commodity. Stores are like vending machines. All the hands that produced food – from human hands of farmworkers, processors, distributors and grocers, to the figurative hands of soil organisms and the vitality of the beings that sacrificed their fruits, leaves and lives, are invisible. Relational eating – connected to place and complementary food systems – pulls these beings out of the shadows and restores a sense of belonging.”

In the days leading up to her test in September and during the weeks that followed, she not only learned how to satisfy her appetite, but also whet her curiosity about where food comes from, how it arrives at our table, the costs involved, food policies, sovereignty, justice, customs, security, the sheer beauty and blessing of food itself and how we can once again live well, within regions, without so much of our food circling the planet in container ships and cargo planes.

“I began to wonder how food became such an antisocial, solitary act – in the car, grazing at the fridge, starving ourselves in public and gorging in private – and like many people, longed for the return of food as a shared celebration of nourishment and life,” Robin says. “As well, I wanted to help clear away the fog and confusion that disempower us in relation to the simple act of lifting a fork, savouring food on our tongues and letting what slides down our gullets actually transform itself into us and a life we love.”

The following February, she tested a 50% local diet within 50 miles – just to prove it can be done in every season.

Dubbed the “prophet of consumption downsizers” by the *New York Times*, Robin has helped launch myriad sustainability initiatives. She also co-authored (along

with Dominguez) the international bestseller *Your Money or Your Life: Transforming Your Relationship with Money and Achieving Financial Independence*.

“For years, I’ve worked on issues of over-consumption, over-spending and over-working, helping people extricate themselves from the thrall of the consumer culture, and the unexamined ‘keeping up with (imaginary) Joneses’ drive for ‘more.’ *Your Money or Your Life* reached a million people directly worldwide and through the media, spread the message to easily a hundred million. Somehow, that wasn’t enough to turn the tide, to have our culture turn its back on excess and embrace that


I began to wonder how food became such an antisocial, solitary act – in the car, grazing at the fridge, starving ourselves in public and gorging in private. – Vicki Robin

exquisite space of ‘enough,’” Robin notes.

Blessing the Hands That Feed Us isn’t preachy. Part personal narrative and part global manifesto, it’s a call-to-action to take back our power as eaters and citizens, with consumer ‘purposes’ as well as ‘purchases,’ to wean ourselves from an unhealthy dependency on mass-produced, prepackaged foods and reconnect with our bodies and our environment. “Resistance begins at the dinner table,” First Nations advise.

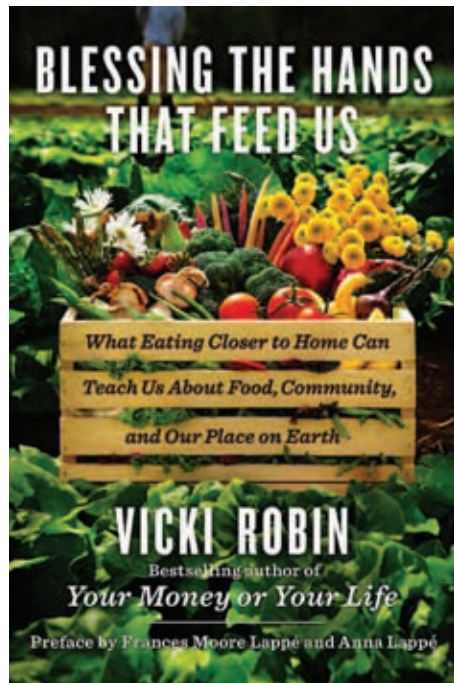
Robin describes her journey as “putting my money where my mouth is.” Above all, it’s a journey rooted in community, an inspirational guide and testimonial to the locavore movement and a healthy food future. Like complementary medicine, complementary regional systems could increasingly supplement industrial food by 10% or 25% or even 50%, supporting security, sovereignty and creating meaningful work. In the meantime, be more grateful, become more engaged and vote with your food dollars.

“Vicki Robin has helped millions of Americans reshape their lives in sound and beautiful ways, but this may be her most important project yet – and a crucial one for our tired planet too,” says Bill McKibben.

“It will challenge, as it did me,” says Robin who suggests starting with one local meal a week or one recipe. “But it will be an inspiring shared project for our civilization, creating meaning and nourishment for ourselves by blessing the hands that feed us. And this shift to local will eventually happen of necessity, not just preference.” 



January 27: Vicki Robin gives a talk and booksigning, 6:30PM, Banyen Books, 3608 West 4th Avenue, Vancouver. For more information browse her TedTalk.



Your food, your health

Whole: Rethinking the Science of Nutrition

By T. Colin Campbell with Howard Jacobson
(BenBella Books, 2013)

Reviewed by **Robert McCandless**

In the early 1900s when many of our great-grandparents were tough farm kids, North Americans were thought to be the healthiest people in the world. Many doctors had never even seen a heart attack patient. Heart disease was rare, as were strokes, cancer, diabetes, obesity and what are now called autoimmune diseases.

Things are different today. We suffer and die in rapidly increasing numbers from these costly, crippling modern diseases. And while our healthcare and insurance plans pay trillions of dollars a year to treat them, there are lots of treatments but no cures. With our fancy, high-tech medical system, we ought to be the healthiest people in the world, but we're not. Meanwhile, we give billions of dollars to fund disease research, hoping that someone will come up with some answers.

For the last 40 years, Cornell and Oxford universities have been quietly researching human health from every possible angle, including animal lab studies, clinical studies (doctors working with patients), epidemiology studies (how lifestyle affects health in large populations over generations), genetics, microbiology and surveying the medical literature worldwide. Oxford is crunching the numbers – analyzing the mas-

sive amounts of incoming data.

This is the biggest ongoing information-gathering project in the history of modern science. The multi-million-dollar funding derives mostly from the US government and several US cancer agencies.

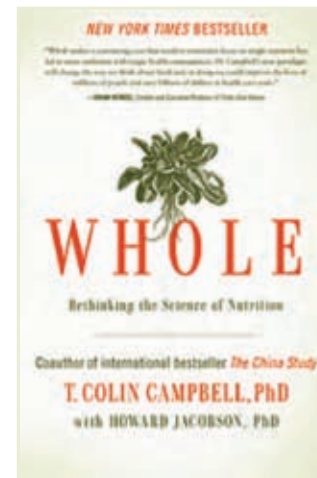
What have they found so far?

1. The #1 thing that determines health or illness is what we eat.
2. The world's healthiest people eat a whole-food, plant-based diet.

Why this diet works is explained in detail by Dr. T. Colin Campbell, PhD, head of the research study, in his book *The China Study*.

Dr. Campbell's new book, *Whole: Rethinking the Science of Nutrition*, reveals how and why there is so much confusion about food and health, why scientific research tends to focus on details but loses sight of the big picture and why a plant-based diet helps not only human health, but also our environment and our ability to feed the world's people.

John McDougall (MD) calls Dr. Campbell "the most influential nutritional scientist of the past century," noting "his work has already saved hundreds of thousands of lives." And Caldwell Esselstyn (MD), a heart surgeon and author of *Prevent and Reverse Heart Disease*, has former president Bill Clinton on the whole-food, plant-



based diet: beans, legumes, vegetables, fruit, no dairy.

Many top medical doctors now use plant-based nutrition to treat and reverse "incurable" diseases. Large numbers of their patients have had dramatic recoveries. Sports professionals, marathoners and firemen have more endurance with less recovery time.

North Americans are visiting organic farms to see fresh food being prepared, enjoy great meals, hear nutrition lectures and participate in barn dances. This is about a new lifestyle – empowering ourselves by taking our health into our own hands. Dr.

Campbell's book is unleashing a health revolution. 

Robert McCandless is a Master Herbalist who practises at Gaia Garden Herbal Dispensary in Vancouver. He holds a certificate in plant-based nutrition from Cornell.

January 25: Robert McCandless gives a free talk on "Let Whole Foods Be Your Medicine," 7PM, Science of Spirituality Meditation and Ecology Centre, 11011 Shell Road (@ Steveston Highway), Richmond, BC. To register, contact Linda at lindabee@gmail.com or call 604-985-5840. Drop-ins welcome.

...*GMO Myths* from p.9

dent researchers.

A useful analogy is that of a BSE-infected cow and a healthy cow. They are substantially equivalent to one another, in that their chemical composition is the same. The only difference is in the shape of a minor component of a protein (prion), a difference that would not be picked up by a substantial equivalence assessment. Yet few would claim that eating a BSE-infected cow is as safe as eating a healthy cow.

When claims of substantial equivalence have been independently tested, they have been found to be untrue. Using the latest molecular analytical methods, GM crops have been shown to have a different composition to their non-GM counterparts. This is true even when the two crops are grown under the same conditions, at the same time and in the same location – meaning that the changes are not due to different environmental factors but to the genetic modification.

Examples include:

- GM soy had 12-14% lower amounts of cancer-fighting isoflavones than non-GM soy.



The US government is not an impartial authority on GM crops. In fact, it has a policy of actively promoting them.

- Canola (oilseed rape) engineered to contain vitamin A in its oil had much reduced vitamin E and an altered oil-fat composition, compared with non-GM canola.

- Experimental GM rice varieties had unintended major nutritional disturbances compared with non-GM counterparts, although they were grown side-by-side in the same conditions. The structure and texture of the GM rice grain was affected and its nutritional content and value were dramatically

continued p.33...

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Nelson Mandela and the power of music

Of all the towering figures in history, none is celebrated in music as is Nelson Mandela. His spirit, perseverance and dignity fuelled the cause of liberty and equality, but also drove protest music to great global heights. The subject of timeless songs during his 27 years in prison, stirring anthems after his release and his triumphant ascent to the presidency, through



Truth and Reconciliation, the Noble Peace Prize and his campaign against HIV/AIDS, he inspired artists of all genres who took him, his struggles and vision to heart and the world stage. His Google play-list tops 100 tracks. That's just those that exist in digital formats. And upon his death, scores of symphonies, operas and other works are being composed.

Central to South African life, particularly Mandela's, "Music," he said, "is a great blessing. It has the power to elevate us and liberate us. It sets people free to dream. It can unite us to sing with one voice. Such is the value of music."

Working as a lawyer from 1956 to 1961, he was repeatedly arrested for seditious activities. Although initially committed to non-violent protest, he led a sabotage campaign against the apartheid government and was convicted of conspiracy and sentenced to life imprisonment. Confined in a damp concrete cell, eight feet (2.4 m) by seven feet (2.1 m), he slept on a straw mat and was harassed by white wardens. He worked at breaking rocks in a lime quarry and was forbidden

to wear sunglasses, which permanently damaged his eyesight. Locked in solitary for possessing smuggled news clippings, he was permitted only one visit and one heavily censored letter every six months. Indeed, music was a great blessing, but singing to his fellow prisoners from his cell each evening, he was still unaware of its true power.

After the brutal, bloody Sharpeville massacre in 1960, the Musicians' Union in the UK had declared a boycott and the Beatles and Rolling Stones would be among those who refused to perform in South Africa. Exiled for decades, singer Miriam Makeba and trumpeter Hugh Masekela toured tirelessly to fight apartheid in their homeland and to raise awareness, aided by Harry Belafonte. In 1963, Vanessa Redgrave wrote and performed *Hanging on a Tree* during a rally, well aware that Nelson Mandela, imprisoned for life, also faced the death penalty.

Nonetheless, American civil rights, Vietnam, students' rights, various assassinations and political shenanigans were the stuff of protest. Apartheid only getting a nod in songs such as Gil Scott-Heron's 1976 *Johannesburg*: "They may not get the news, but they need to know we're on their side."

And it was Steve Biko, not Mandela who became the first anti-apartheid icon. The young founder of South Africa's Black Consciousness Movement – who died in 1977 after being severely beaten in police custody – was immortalized in 1980 in Peter Gabriel's *Biko*: "You can blow out a candle but you can't blow out a fire / Once the flames begin to catch / the wind will blow it higher."

That same year, the UN finally approved a cultural boycott of South Africa, naming Mandela in a resolution around the world. Petitions were signed, tributes paid, but awareness waned. Two years later – on the 20th anniversary of Mandela's arrest – ANC leader-in-exile Oliver Tambo relaunched the campaign focused on Mandela, making this incarcerated, invisible celebrity an international cause célèbre.

"I am told that when 'Free Mandela' posters went up in London, most young people thought my Christian name was 'Free,'" he recalled in his autobiography.

Jerry Dammers, a member of The Specials, a British multiracial ska band, had never heard of the famous prisoner when he attended a tribute concert in 1983. With an armful of leaflets and a melody in his head, he wrote *Free Nelson Mandela*. The simple message, chanted over and over, became an international rallying cry. Released under the band name The Special A.K.A., the following year it tapped into South African rhythms, celebratory spirit and joyous solidarity, the polar opposite of Gabriel's dirge. Produced by Elvis Costello, the optimistic chorus was so catchy that anyone could sing, remember and move to it, the most danceable protest song of all time.

With Mandela's face on the front of the record sleeve,

Mandela acknowledged a debt to musicians, who rallied again in 2003 to launch charity concerts under the banner of 46664 (four, double six, six four), taken from his prison number in jail on hellish Robben Island. It was the strategy of the apartheid regime to reduce people fighting for freedom to nameless numbers.

filled with information gleaned from anti-apartheid campaigners, Tambo couldn't have asked for more. The song was embraced by the UN, ANC and black South Africans who sang it at demonstrations and played it over loudspeakers even though the record was banned by the forces of apartheid.

At the same time, Steven Van Zandt – Little Steven of Bruce Springsteen's E Street Band and the future Silvio on *The Sopranos* – became enraged at artists who performed at the white, big-ticket luxury resort in the middle of the dirt-poor, black *Bantustan* (homeland) of Bophuthatswana near Johannesburg. He brought 49 artists together to form Artists United Against Apartheid and to record *Sun City*. Produced by early electronic dance music innovator Arthur Baker, it bridged the worlds of rock and rap, featuring



the famous line "I ain't gonna play Sun City" and lyrics sung by the likes of Springsteen and Grandmaster Flash, Bob Dylan and Afrika Bambaataa, Miles Davis and Run-D.M.C.

A chart-maker in Canada and Australia, it would be played by only half of the radio stations in the US and never achieved the success of *We Are the World*, also released in 1985.

But the video earned heavy rotation on a then-soaring MTV, delivering shocking images of South African police violence as well as footage of Mandela and other activists. It ignited campus demonstrations, urging universities to divest their holdings in companies doing business with the South African regime, a critical turning point in global awareness and the implementation of sanctions. While Margaret Thatcher and Ronald Reagan still labelled him a terrorist and a communist, the floodgates were opened and the floodlights turned on. A survey found that three-quarters of 16-24 year-olds in the Western world knew who Mandela was and wanted him released.


In 1988, Dammers conceived of a 70th birthday concert at Wembley Arena for the still-imprisoned Mandela. African musicians and dedicated campaigners shared the stage with sympathetic superstars on a night witnessed by 600 million people in 67 countries, peaking with the iconic trio of songs *Biko*, *Sun City* and *Free Nelson Mandela*.



Two years later, the freed, gentle man, who had purged himself of bitterness and hatred, would walk on the same stage and receive a 10-minute standing ovation. "Thank you that you chose to care," Mandela told the ecstatic crowd. Backstage, before leaving for the airport and the next remarkable stage of his life, he was introduced to Dammers. "Ah, yes, very good, but the line about my captors forcing me to wear painfully ill-fitting shoes was inaccurate," said Mandela, a testament to his integrity and search for truth and reconciliation, requiring no embellishment to inspire the planet.

Mandela acknowledged a debt to musicians, who rallied again in 2003 to launch charity concerts under the banner of 46664 (four, double six, six four), taken from his prison number in jail on hellish Robben Island. It was the strategy of the apartheid regime to reduce people fighting for freedom to nameless numbers. Simply and poignantly through personal example, he demonstrated and communicated to the world once again that we are human beings, all equal, including those infected with HIV/AIDS.

Vancouver-based documentary filmmaker Jason Bourque is working on an upcoming documentary entitled *Music for Mandela*. It should be quite a show. Perhaps it will be more telling, poignant and insightful than December's funeral celebrations, cheapened by "selfie" photos, schizophrenic signers and so-called leaders whose bloated, gaudy and hypocritical rhetoric loudly blared in the blurred faces of those still imprisoned by a growing inequality.

Somewhere, a beloved figure dances to the heartbeat of humanity, the work and the music, still unfinished. 

Bruce Mason is a Vancouver and Gabriola-Island based five-string banjo player, gardener, freelance writer and author of **Our Clinic**. brucemason@shaw.ca



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Now: remuneration. The public was justifiably enraged by recent hefty bonuses to BCF managers, despite sinking ridership and skyrocketing debt and fares. Taxpayers demanded a change. Many people are now scratching their heads in dismay, including business leaders and Chris Abbott, president of the 4,000-member BC Ferry and Marine Workers Union. Abbott says, “The fix was in. Bonuses were rolled into managers’ base pay, on average \$100,000, all of which is now pensionable.”

BC Ferries CEO Michael Corrigan’s total compensation will be \$500,730 in 2014, down from \$915,000 in 2012. That includes a base salary of \$364,000, a bonus, two pensions and a vehicle allowance. Former CEO David Hahn, a prior architect to the mess, draws \$300 grand a year from BCF, for life. David Moseley, head of the Washington ferry system, made just \$165,943 last year, in total.

“If Moseley’s salary grew by the rate of inflation every year, it would take 62 years to match Corrigan’s pay,” calculates Jordan Bateman of the Canadian Taxpayers Federation.

At BCF, 450 managers make, on average, \$200,000 annually – an underestimation. That’s 70 million dollars. Directors make up to \$100 grand for part-time work and don’t even keep minutes of their meetings.

Where do you think cuts need to be made?

By now (be patient), some readers will be asking, “Why don’t Islanders just move?” That’s a tired and uninformed question from inhabitants of flood plains, farmland, far-flung regions and mountainous terrain. Instead of questioning why people choose to live on the North Shore, in Whistler, Nelson, or Prince George, realize that coastal communities help pay for bridges, tunnels, highways, including the Sea to Sky, and other components of transportation infrastructure.

They also pay 85% of the operating costs of our ferry system at the fare box – that’s higher than anywhere else in the world, certainly higher than the less than 40% paid on all other BC transportation links.

Right here, right now, this proposed plan is killing jobs – good, clean, sustainable work created by small business and risk-taking entrepreneurs to build healthy communities, long-term. Jobs in far greater number than pipe dreams of short-term resource extraction and export, with no value added. Government policy is killing wonderful, proud communities that pre-date European contact – settlements that existed before virtually all other towns in BC.

Here’s the other side of the coin: BC’s tourism industry generated \$13.5 billion in 2011. Please look again at the big picture. Coastal communities are primary tourism drivers. Ferries are people movers, one artery of an essential industry that helps diversify our economy. They require astute, inclusive management and oversight.

One much-touted brand of BC Ferries was the Discovery Tour Route, providing access to the Cariboo Chilcotin, a last frontier and one of the world’s great drives. The run is being cut in hopes of saving \$1.4 million. Where the pine beetle wiped out logging and lumbering, early estimates from tour operators – who are struggling to create a new economy – indicate a revenue

loss of more than \$10 million. As cancellations flood in, that number is rising (see Letters, pg 16).

BCF hopes to save \$400,000 on the Gabriola/Nanaimo run, less than one top BCF executives’ pay. The island economy will lose \$6 million in business, 176 jobs will disappear and every member of the graduating class – which travelled to high school daily on the ferry – say they will be forced to leave. Those cheap shots from BCF are unsustainable and unreasonable in any community. And that’s just the start of what coastal communities will be reporting, as they rise up.

Time to fess up and finally admit what is really wrong. The 2003 Coastal Ferry Act – creating the quasi-privatized, commercial monopoly that is BC Ferries – doesn’t work, never did. That’s patently obvious. Abbott and others report that the single biggest BCF cost increase is servicing debt. It’s tripled in 10 years, from \$64 million to \$208 million. In the next decade, \$1.2 billion is projected. And the government doesn’t want that debt to show up in their budget, instead they want users to pay for their mismanagement.

“This is a user-pay program. How much are you prepared to pay?” is his question along with “How high are fares going to have to go to cover that size of debt? A stroke of a pen would save a lot of money and unnecessary grief. Roll ferries back into Highways, pick up capital costs at a cheaper government rate and then cover operational costs.”

In the meantime, Ministry of Highway’s Interior ferries are fare free. New lake ferry? Government provides it. But when BCF needs one, money is borrowed, the cost collected at the fare box. Much too much of the so-called “massive” ferry subsidy (about \$180 million, unchanged in a decade) goes into amortization and interest charges.

BCF has done no socioeconomic study of impacts or consulted the people who pay for and operate our ferries, day in, day out. They can’t say how many jobs and how much revenue will be lost. With no plans beyond 2016, new ferries will be built, most likely offshore, fuelled by LNG, fracked from sacred, pristine ground. Surely, Gulf Islands aren’t being de-populated to be scooped up by elites because residents don’t like super-tankers, pipelines or don’t often vote Liberal?

The *Vancouver Sun*’s Vaughn Palmer dismisses legitimate complaints as “squawking.” That’s a far different perspective than Stephen Hume’s assessment of BCF (*Sun*, April 9, 2011) as “the arrogant, insensitive monstrosity into which W.A.C. Bennett’s inclusive dream of making the ferries an extension of the highway system has evolved.”

Coastal residents are not disposable. We have fami-

lies too, Madam Premier. And when you cut off ferries, we also lose paramedics, volunteer firefighters and elementary school teachers.


Our fragile, volunteer-based social services are being shredded by a debt we didn’t incur, a debt that is beyond the ability of honest people to single-handedly pay. Our once proud, no-frills, commuter ferry service is sinking under an unmanageable load, accumulated by outrageously expensive mismanagement, Fast Cat and foreign-built ferries and the like. We know how to – and do – run our ferries and calculate BCF should be a fraction of the current cost, without big-buck salaries and bonuses.

Coastal communities may be down but they’re not out, far from it. Uniting like never before, pooling their ideas into real solutions, they are reaching out to



everyone in BC with a new vision for BC Ferries that will get us – all of us – moving again. Get on board. Full steam ahead.

It’s time to scrap this unworkable Coastal Ferries Act. We were promised “stable rates, flexible schedules and economic vitality.” Now, Transportation Minister Todd Stone, on orders from on high, is forcing coastal communities to take this final walk down the plank. It will take generations for them to be revived. At the same time yet another \$200 million is being spent at Horseshoe Bay and a glossy BCF magazine is being produced for thousands of dollars.

Once again, where do you think cuts must be made? That’s something to ask your MLA. This goes beyond constituencies and provincial parties, beyond fairness or even the dream of a level playing field. This ferry tale plan is just plain wrong and counterproductive on so many levels. “Stop this madness,” coastal communities are saying. “Enough of these crazy-making plans. You are quite literally killing us. BCF is leaking from the top.” Act now to save our coastal communities. 

Now that you’re in the big picture, it is time to act. To find out how you help save our ferry system, visit and bookmark www.bcmarinehighway.org

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JAN 17-19

Introduction to Foot Reflexology commences
Certificate Weekend Training Course.
Introduction 7.30 pm \$10; Course \$395 + GST.
Pacific Institute of Reflexology (604) 875-8818,
www.pacificreflexology.com

JAN 17-MAR 14

Mediumship Open Circle @ The False Creek
Community Centre. Fridays; 6:30-8PM, \$60/9
sessions. Drop-ins welcome; \$7.50. Info/
registration: 604-257-8195;
www.falsecreekcc.ca

JAN 22 - 26

Seeds - Percy Schmeiser takes on Monsanto.
Push Festival, Freddy Wood Theatre, UBC
7:30pm (2pm 25th and 26th only) 604-822-2678

JAN 25

Learn a simple technique so you can stop
struggling with substance abuse, addiction,
anxiety, fear, low self-confidence and other
obstacles. Contact Jackie MacLean, MH, CHT.,
at 604-551-4986. Limited enrollment.
www.thepowerwithin.ca

JAN 26

Adventure into Time and Beyond with Rifa
Hodgson presents Past Life Regression
Workshop: Rediscover Your Hidden Talents
and Gifts. 10:30AM-1:30PM, West Vancouver.

Ambleside, Silk Purse, 1570 Argyle Ave.
Registration \$75, former clients \$70.
1-888-606-8463,
www.lifebetweenlives.ca/Events.htm

JAN 27

Family Literacy Day is the largest national
family literacy initiative in Canada. Families
and communities across the country celebrate
this special day at literacy-themed events at
schools, libraries, literacy organizations and
homes. www.abclifeliteracy.ca

FEB 1-2

Exercise your Energy for Health I & II,
Saturday-Sunday, 10AM-5PM, \$50 each day at
Master Sha's LPH Centre, 1280 Odium Drive,
Vancouver. www.lovepeaceharmonybc.com

FEB 14-16

Introduction to Foot Reflexology commences
Certificate Weekend Training Course.
Introduction 7:30PM, \$10; Course \$395 + GST.
Pacific Institute of Reflexology (604) 875-8818,
www.pacificreflexology.com

FEB 14-16

The Wellness Show: includes 250+ exhibitors,
seminars, cooking demos, prizes and lots more.
Tickets online: \$14.50/general admission;
\$12.50/seniors; \$6/students. Free for children
5 & under. \$30/3-day pass. Cash only/door.

Vancouver Convention Centre.
www.thewellnessshow.com

FEB 22-23

T & T Spiritual & Wellness Connections 3rd
Annual Psychic & Wellness Fair: Best Western,
319 North Rd., Coq. Readers, Healers, Vendors,
Promoters & Seminars.
www.tandtvanancouver.com

MAR 13-15

10th Annual Good Food Festival & Conference:
Chicago Illinois. Featuring a Financing and
Innovation Conference, School Food and Good
Food Policy summits, the Localicious Party and
a family-friendly Festival & a keynote address
by Walter Robb, Whole Foods Co-CEO.
www.goodfoodfestivals.com

ONGOING

Brahma Kumaris Meditation Centre: Learn
to master your mind and senses, find peace
through meditation, free of charge. 604-436-
4795. www.bkwsu.org/canada

TUESDAYS

Reflexology Student Clinic 6-10pm. One- hour
sessions \$20. By appointment only. Pacific
Institute of Reflexology (604) 875-8818.
www.pacificreflexology.com

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- Meet your Spirit Guide Feb 23
- Reunite with your Soulmates Mar 30

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ROOMS FOR RENT

OFFICE/CONSULTING/HEALING ROOM for rent in Natural Healing Centre near Broadway/Cambie Skytrain station. Very reasonable rent, full-time or part-time. Pacific Institute of Reflexology. (604) 875-8818.

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...*GMO Myths* from p.27

altered. The authors said that their findings “provided alarming information with regard to the nutritional value of transgenic rice” and showed that the GM rice was not substantially equivalent to non-GM.

- GM insecticidal rice was found to contain higher levels of certain components (notably sucrose, mannitol and glutamic acid) than the non-GM counterpart. These differences were shown to have resulted from the genetic manipulation rather than environmental factors.

- Commercialised MON810 GM maize had a markedly different profile in the types of proteins it contained compared with the non-GM counterpart when grown under the same conditions.

GM crops also have different effects from their non-GM counterparts when fed to animals.

US government is not impartial regarding GM crops

The US government is not an impartial authority on GM crops. In fact, it has a policy of actively promoting them. Through its embassies and agencies such as the US Department of Agriculture (USDA), the US government pressures national governments around the world to accept GM crops. This has been made clear in a series of diplomatic cables disclosed by Wikileaks, which reveal that:

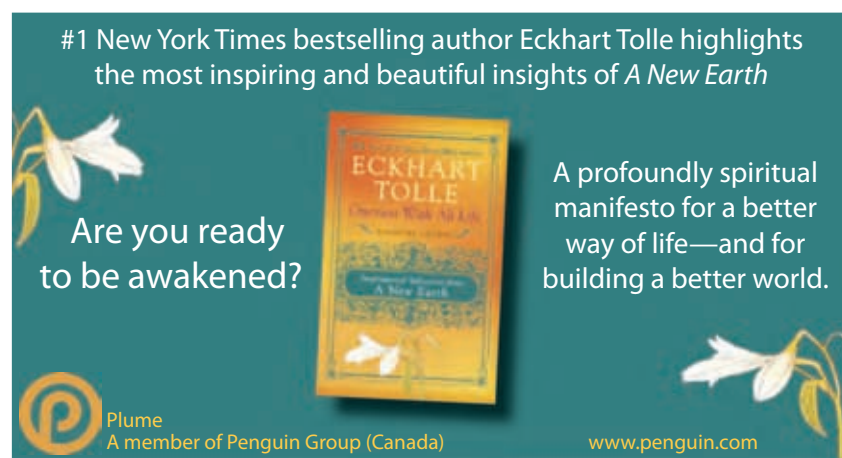
- The US embassy in Paris recommended that the US government launch a retaliation strategy against the EU that “causes some pain” as punishment for Europe’s reluctance to adopt GM crops.

- The US embassy in Spain suggested that the US government and Spain should draw up a joint strategy to help boost the development of GM crops in Europe.

- The US State Department is trying to steer African countries towards acceptance of GM crops.

This strategy of exerting diplomatic pressure on national governments to adopt GM crops is undemocratic as it interferes with their ability to represent the wishes of their citizens. It is also inappropriate to use US taxpayers’ money to promote products owned by individual corporations. ❏

Excerpted from **GMO Myths and Truths**, an evidence-based examination of the claims made for the safety and efficacy of genetically modified crops. Version 1.3b by Michael Antoniou, Claire Robinson and John Fagan © Earth Open Source, www.earthopensource.org Earth Open Source functions as a science and policy platform to provide input to decision-makers on issues relating to the safety, security and sustainability of our food system.





Create anew Marianne Williamson for congress

A nation, like an individual, is as sick as its secrets – as unhealed as its unlooked at places... and on its way to transformation to the extent that it's willing to take a good look at itself and change course where needed.

- Marianne Williamson

I have officially announced my candidacy for election to the U.S. House of Representatives from California's Congressional District 33.

I know many of you are not surprised. At my Sister Giant Conference in Los Angeles last year I urged almost two thousand women to consider running for office using the principles of non-violence to birth a new American politics. After experiencing the energy and enthusiasm of the conference, I spent long months pondering how I could best further such a movement. The response that feels most real and true to me is to run for office myself.

I do not think of this move as a career change. Rather, I feel I'm further expanding my work by taking the transformational principles to which I have dedicated myself for the last 30 years into another area where they are sorely needed. While a new paradigm, holistic, relational perspective now saturates many areas of our society – from education to business to medicine to spirituality – our politics seem to be outside its reach. And we cannot afford to turn away from politics. We might not touch it, but it certainly touches us. And the increasingly calcified thought forms that dominate U.S. politics today – based more on the past than the present, more on fear than on love and more on economic than humanitarian values – threaten to sabotage our collective good and undermine our democracy.

To me, the critical crisis that looms today is a cri-

sis of democracy itself. For with every challenge that confronts us now – from economic disparity, to the clear and present danger of climate change, to our high incidence of child poverty, to the corruption of America's food supply, to our high incarceration rate, to our over-reliance on military force and the need to develop more enlightened methods of peace-building – the most important issue of all, like a disease underlying all the other diseases, is the undue influence of money on our politics.

We have developed, over the last few decades, a system of legalized corruption in the United States, in which those with money are accorded much more political influence than those who are without. And that is not democracy. If only those with financial leverage can wield political influence, then those without such leverage – children, for instance – too easily see their interests sidelined.

Lincoln's government "of the people, by the people and for the people" is becoming, for all practical purposes, a government "of a few of the people, by a few of the people and for a few of the people." Citizens of the United States should not be always on the defense, fighting for the biggest pile of crumbs left over after moneyed interests have feasted on the public purse. Adding additional and an equally critical injustice, the gerrymandering policies in the vast majority of our states – in which the dominant political party in each state redraws Congressional districts to protect their own party or incumbents – allows candidates to pick their voters rather than allowing the voters to pick their candidates! Yet these situations will not be corrected unless "we the people" correct them.

Those who have sought inner wisdom and spiritual understanding are the last people who should be sitting out the political process. For those who see into the cause of a problem know better than to simply address its symptoms. And those who have a clue as to what changes one heart have a clue as to what will change the world. Humanitarian values are democratic values and those who are most committed to them must find our political voice.

We cannot allow our government to continue drifting in a blind and heartless direction and expect to bequeath to our children the blessings of liberty that were bequeathed to us. There is need for a politics of

conscience, a new era of public discourse in which love is not minimized, the voices of women and children are not marginalized and the future is not bartered for a pot of unrighteous gold.

Martin Luther King Jr. said we needed a quantita-




We have developed, over the last few decades, a system of legalized corruption in the United States, in which those with money are accorded much more political influence than those who are without. And that is not democracy.

tive change in our circumstances as well as a qualitative change in our souls. Now, as then, we must bring the fullness of our internal selves to the task of changing our country. Cynicism, complacency, disengagement and anger have no place in the politics that are called for now.

The people of the United States have been faced with serious problems before and we're faced with serious problems again. But generations before us have risen to the task of correcting America's course when it needed to be corrected and today it's our turn.

I ask for your support, that this campaign might be more than simply an effort to send one woman to Congress. May it be a vessel for revitalized citizenship for those who participate and a new possibility for love in action.

Thank you very much for reading this and for sharing it with others. God bless you, God bless America and God bless the world. 

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Changing your mind



The ancients pointed to higher awareness using many names – enlightenment, moksha, bodhi, kensho, satori, kevala jnana are but a few.

In our modern world, we live so deeply in a limited mindset and it is the source of so many people not being happy, healthy and living a life of ease. In this limited mindset we are consumed with irritation, worry, aggression, and fear – these are habitual unhelpful patterns of conditioned reactivity.

Stress is the name we use for the condition that envelops all the symptoms of the limited mindset. Stress is energy draining and takes us away from our true inspired selves.

On some level we know that our natural state is one without stress,

where we can endure the rapid pace of life without difficulty, where we experience joy and where our mind is clear. But most of us have lost the understanding and appreciation of the true holistic way and we live detached from nature and this greater way of being.

For thousands of years, mushrooms have been used to bring a change in perspective and a change in awareness, and have brought people closer to an understanding of their authentic selves. In this state, we know what is true and real, and happiness, wellness and ease become our norm.

Changing the way your mind works is the first step to recovering your true personal power and ease. We call this Changing Your Mind. We invite you to take a small step in the direction of finding the greater you. For one week, try this simple program, and when you're done, please share with us how you feel (changeyourmind@purica.com)

7 DAY CHANGE YOUR MIND PROGRAM

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breathe in a relaxed deep way as much as possible	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spend 5 minutes alone in silence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wear a smile inside your mind	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smile to everyone you meet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Think of one thing that you feel grateful for today	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Try Purica Mushrooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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- Immune Enhancement



- Stress Relief
- Sleep Support
- Energy & Stamina Boost



- Stress Relief
- Clarity of Mind
- Memory Support



- Adrenal Exhaustion
- Immune Enhancement
- Energy & Libido Boost